The liberal freethinker and liberal free writer of the free word Manifesto of Herman Fridsma

A free thought and writing exercise manifesto

Abstract:

This is a non-academic creative written philosophical thought expression manifesto of personal nature developed from out of freedom of writing, creativity, freedom of expression and freedom of thinking while stimulating the power of words and to provoke discussion and thought regarding liberal and liberated freethinkers and freewriters. The manifesto shows the importantce of freedom of thinking and writing as part of Human Rights, personal creativity and expression within boundaries of law but against censorship that limits freedom of expression.

It is important to promote free thought and free writing in academic and creative sense of freedom of thought, thought experiment, philosophical exercises and freedom of the written word which all stands in extent of freedom to express oneself academically, intellectually and creatively from out of personal freedom of doing so and in accordance with Human Rights, democratic principles and law while where needed challenging and influencing legal boundaries, development, growth and change processes. All stand in extent with good codes of conduct in line with ethical principles, values, moral, behaviour, personal conscience, respect, transparency and acts of fair play in line with promoted freedom of expression and self expression and with a special focus at free thought and free word. This manifesto has as its main goal to stimulate creativity and flexibility of academic and non-academic writers to the extent of promoting free writing and free thought (Special note Fridsma).

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The liberal freethinker and liberal free writer of the free word Manifesto of Herman Fridsma.

I am a liberal freethinker and a free writer 'pur sang'. No matter fact of me being a Christian theologian related to 'New Thought' and no matter fact of me being a naturopath, a social worker/counsellor, a ESL teacher and an educational manager of origin based at my multidisciplinary fields of academics, I'm a liberal freethinker who thinks beyond the orthodox conventions of Christianity and beyond regular medicine and beyond the ordinary. As a liberal freethinker and free writer related to the field of creative writing I think and write beyond the regular conventions while exploring and endorsing the free word at level of fictional and non-fictional prose and poetry.

"Yes, I am a liberal and liberated freethinker and a free writer who believes in the free word and free developed works without censorship," I tell everyone who wants to hear it.

At academic level I'm influenced by academicians like Carl Sagan (Cosmos), Stephen Hawkins (A brief history of time), Albert Einstein (Relativity: The special and the general theory), Carl Gustaf Jung (Man and his symbols. Collected works of C.G. Jung) Sigmund Freud (The Interpretation of Dreams, Introduction to Psychoanalysis), Eric Berne (Games people play), Ken Wilber (Integral psychology: consciousness, spirit, psychology, therapy), Paul Brunton (The inner reality, The hidden teaching beyond yoga, The wisdom of the overself), Charles Fillmore (Metaphysical Bible dictionary), Ernest Holmes (The Science of Mind), Henry Lindlahr (Philosophy of natural therapeutics), Louis Kuhne (The new science of healing), Samuel Hahnemann (Organon of Medicine), James Tyler Kent (Lectures on homeopathic materia medica), William Boericke (New manual of homeopathic materia medica) and many other authors.

At literary level I'm influenced by writers like Willi Heinrich (The willing flesh), Heinrich Gerlach (Breakout at Stalingrad), William Shakespeare (Henry v), Charles Dickens (David Copperfield, Great Expectations, A tale of two cities, A Christmas carol), Victor Hugo (Les miserables), Edgar Allan Poe (The works of Edgar Allan Poe, The Black Cat and Other Stories), Henry Miller (Tropic Of Cancer, Tropic of Capricorn, Sexus, Plexus, Nexus, The colossus of maroussi, Opus pistorum) and many other authors.

It are these and many more authors and free thinkers who have set the world free and who enriches the world with their created works as products of their minds via the freedom of the word to spread their ideas and academic, fiction, nonfiction and poetry works. It is not needed to be a Friedrich Nietzsche or Sørgen Kierkegaard or Martin Heidegger or Jean Paul Sartre to express oneself and to be a freethinker and a free writer I like to tell people.

“Do you think you compromise yourself as a academician related to your fields of origin at one side and as a freethinker and free writer who believes in the free word at the other side?” you ask while you look at me with doubts at your mind.

“No, I am not compromising myself as an academician and as a freethinker and a free writer. My love for thought exercises and thought experiments next to my love for writing and playing with words and language while creating a free work as result of personal expression makes I am free to handle from out of my personal responsibility as a writer to create an academic or nonfiction or fiction or poetry work. I focus myself at the purpose and the meaning of the work I want to develop, shape and create and I focus myself at the public group it is addressed to. I feel myself free as a writer to express myself from out of my own responsibility to create works from out of the free thought and free word,” I tell you while I smile and look you straight in your eyes.

For me freethinking and free writing is expressing myself from out of the freedom to think and from out of the freedom to write so both emerge and come to conclusion in my presented works, my thoughts and the person who I am. For me the free thought and free word are sacred. I transform my writing subject directed thoughts to the written word in which case each work of the written word is based at my mind projections and my personal creativity and skills to create and develop these works. At moment I work as a writer I let my thoughts flow and while thinking I transform my thoughts to words in extent of the subject or storyline or character or event I develop at that moment which all comes to conclusion in my written works as products of my mind projections and writing craft so the written works can be read and valued, criticised, discussed, accepted or rejected by others who are willing to read my presented works.

The freedom of the written word and the freedom of expression must always be defended and disputed issues may be part of discussion or get settled in court at national level and when needed at international level because fact remains that freedom of the written word as freedom of expression is part of Human Rights and it is basic for every self-respecting writer who wants to write in freedom.

I defend the free word and the free speech, I defend freedom of expression. If needed I roar like a lion and attack those who try to destroy the free word, the free speech and the freedom to express oneself.

The roar of the lion and the freedom of the free word by Herman Fridsma:

Let me roar as a lion and be the champion of freedom of the free word.

Let me roar so freedom of the free word gets promoted and spread.

Let me roar to be heard there where freedom of the free word is suppressed.

Let me roar and bite those who try to destroy freedom of the free word.

Let me roar and fight because freedom of the free word is worth it to fight for.

Let me roar and die at the field of honour if freedom of the free word dies while I roar and go under.

Let me roar from out of Heaven to inspire you to roar for me and for freedom of the free word.

Let me roar for those who are fallen because of being champion of freedom of the free word.

Let me roar and roar with me so we roar for freedom of the free word.

"Why are you a liberal freethinker and free writer?" you ask.

"To be a liberal freethinker and free writer makes me the person who I am. I need the freedom of the word and the freedom of thought to express myself and to develop myself. Being a liberal freethinker and a free writer gives me the opportunity to be critical and to step beyond the regular conventions when needed. I need the free word and the freedom to express myself so I can create and shape works as meant by me to be created and shaped. If I would not be a liberal and liberated freethinker and a free writer then I would suppress myself and can't breathe because of feeling suffocated because I need to express myself in order to be myself. If I can't be myself I'm only a shallow shadow of the person I am at intellectual level of expression so in order to flourish I need to be a liberated liberal freethinker and a free writer so I can be my true self while using freedom of the word to endorse all," I answer you.

"Freedom of thought can never be chained or suppressed because freedom of thought is ultimate and part of mind expressions at immaterial level of reality at level of the inner world of the individual but freedom of the word can be chained and suppressed because that is part of materialised thought expressions projected for the outer world of the individual so it can be disputed by third parties or worse. That is why every freethinker and free writer must take responsibility for their own way of functioning in society and for works they produce and thoughts they express via freedom of the free word. In a way the liberal liberated freethinker and the free writer operates in accordance of one's personal conscience and in accordance to national and international laws to operate while endorsing the free word as part of human rights." I conclude my talk while I notice you thinking about my words.

At moment I walk on the streets I notice people rushing all around me. I notice people not being troubled by thoughts about the freedom of words or the freedom to express oneself. They act natural while doing their thing whatever that may be. I wonder how many of these people know about the complicated issues about the free word or about freedom in general. Majority of people take freedom of word and freedom to express oneself as a natural fact and they take it for granted while giving it less thought. Critical freethinkers and free writers like me are constantly aware of the importance of freedom of the free word and of how to implement it. We critical freethinkers and free writers are aware that freedom of the word and freedom of expression is not something that is taken for granted.

Freedom of thought and freedom to write are needed to create written works as products of the free mind. All thought and word exercises are related to the freedom of mind and the imagination of the freethinking free writer to generate and transform thought related mind projections while writing and developing a work. For me at academic level of thought expressions the 'thought experiment' is an important instrument at moment I exercise complex thoughts related to theories I develop and want to explore however the thought experiment is also useful at level of creative writing mind exercises to explore new to create worlds at level of thought experiment related mind exercises. Thought experiments are a form of free thought with as main purpose to explore truth and logic no matter it is for academic purpose or if it is for creative writing purpose to generate products of work based at logic and truth from out of its own as part of a mind exercise and as part for follow up actions and evaluations.

Free thought in general is important to generate and create free mind projections which can be shaped and transformed in which case the thought experiment is a useful tool to explore these mind projections and exercises. Writers exercise the freedom of word with an emphasis for free thought while creating new worlds as product of their mind projection exercises. A writer at creative level of writing while writing and developing a work creates a world which is exclusive for the writer while simultaneously creating a world of logic and dimensions which are suitable for the world one is creating as product of mind projections which gets transformed to words in order to produce poetry or prose. The shaping and creation process to generate and manipulate emotions, events, characters and story lines are all product of imagination of the prose writer to do so while the poetry writer goes deeper to explore at a deeper level the emotion when generating verses. Imagination is the main key for the writer to generate new worlds related to prose and poetry because via the imaginary the writer manipulates the word and shapes the poem or story from out of the poem or story related logics. Freedom to write, explore, develop, create and shape a work is of great importance so the freethinker and free writer can do what he or she can do best namely writing and thinking from out of the free word to express oneself.

Fact remains that freethinkers and free writers no matter their academic background or origin need the freedom of word and the freedom of expression to create, shape and transform their works from out of the freedom of doing so because without the freedom to think and the freedom to write academic writers and creative prose and poetry writers can't develop themselves to their full potential in order to explore and develop their works as freethinkers and free writers.

Notes for prospective writers:

The freedom to write and to exercise the freedom of expression of yourself as a writer and thinker from out of the freedom of thought and the freedom of word based at your own level of

development all starts with yourself and your personal mind-set, drive, attitude and motivation to write, think and produce works based at your own personal skills, capability and capacity of thinking and writing while transforming thoughts and words to a work for yourself or for others to read or to share.

There is no need to be a Emily Dickinson or John Milton to write poetry or a Agatha Christie or Stephen King to write prose or a Mark Twain to do both but it needs guts to express yourself as a writer from out of your own personality and personal drive and capabilities to start thinking and writing and to form, create and shape prose and or poetry of your own for yourself and or others to read. By doing so you are part of the free word and because of that you must take the freedom to express yourself as a writer and thinker from out of your own level of development to grow further by creating works of your own and by doing some research and study so you can continue to develop yourself and to grow. You get stronger from critics and feedback you get in case you let others value your work and you develop yourself further by doing field research and some study of the written word. Keep in mind that it is all about you and your guts to think and to write and to be part of the community of writers and thinkers no matter your stage of development and keep in mind that you develop yourself further while exercising the free word and the free thought. One must not be an academician in order to write or think. This implies that one must be oneself and start to think and write in order to create and shape your own work and to be proud of the work you create or have created. Keep in mind that freedom to write and freedom to express yourself is part of human rights to do so. Be a writer who takes responsibility for what you write and honour the free word as a liberated freethinker and as a free writer with respect for other writers of the writing community and for the public you are writing for.

Extra notes in regards of writer freedom, the freedom of the word and freedom of expression:

Even the written word disliked by others has the right to be defended as part of the freedom to express oneself and as part of the freedom to write.

Those who don’t respect the true extent and the true meaning of the freedom of the written word, don’t understand the freedom to write and express oneself and they don’t understand the basics of my A to Z "The writer, the freedom to write and the freedom of the written word" (see attachments); they do endorse censorship and limit freedom to write and freedom of expression. Each writer has the responsibility of what one has produced and disputed works of the word can be settled in court or be part of discussion.

The written word can be part of discussion, it may be neglected, rejected or accepted for what it is but fact remains that it is freedom of expression and disliked or not it has its right to be there. If censorship rules then part of the writer dies and freedom of writing is no freedom anymore.

Freedom of expression is universal; as told disputed issues can be settled in court and be part of discussion. The right of freedom of expression is a global issue all is part of Human Rights so cases of disputed forms of expression must be settled in court if there is no other solution open to settle the case.

The Universal Declaration of Human Rights related to the United Nations is basic at global scale and in case of nations with dictatorships it is case to be constant alert and to file cases and build cases to get justice at delayed level.

It is a fact to stay alert and to take responsibility and to act in accordance of the great gift of the freedom to write and the freedom to express oneself because freedom is worth it to get defended because the freedom to write and to express oneself as a free writer with a responsibility of oneself of what one writes is a gift that is not everywhere granted at global scale because freedom is relative and because of fact that freedom is relative it is good that issues can be settled in court or international court and it is good to walk the path of public media and public discussion, politics and so on and to resist where needed so freedom can be defended from out of a wide range of strategies to help to secure freedom and Human Rights in general in case politics, national law and constitutional law fails to secure Human Rights.

Discussion:
Liberal freethinking and free writing is important in extend of freedom of expression and freedom of sensorship in order to express oneself.
What do you think is important to become a freethinker and freewriter?
Do you think the world needs freethinkers and freewriters? (Motivate your answer).
Do you think you have it in you to express yourself as a freewriter and a freethinker? (Motivate your answer).
What do you think about censorship in extend of freedom of expression, freethinking and freewriting? (Motivate your answer).

Herman Fridsma

Attachments:

1- Freedom of the word and freedom of expression without restrictions or censorship by Herman Fridsma.
2- A to Z ‘The writer, the freedom to write and the freedom of the written word’ by Herman Fridsma.
3- Free expression poetry: The song of nature, the song of God by Herman Fridsma.

Attachement 1:

Freedom of the word and freedom of expression without restrictions or censorship by Herman Fridsma:

I believe writing is a way to transform thoughts into written words in which case you express yourself from out of your personal freedom to write and to let your thoughts speak related to the subject you handle or the story or poem you want to tell and by doing so you make your thoughts visible via the words you write so it gets fixated and is available for others to read or for yourself or a selected group in private to value so you or others can think about what is written and form a personal opinion of the written piece that is read.

I want to develop myself further beyond the incarnated academician I am related to my fields of expertise in which case I want to develop myself further beyond the dissertations and theses I wrote in the past. While orientating myself at new goals and a new way to develop myself in another direction I refound my passion for creative writing. Creative writing is a passion I had since my childhood years which decades later accumulated in the writing of a manuscript related to 610 pages I wrote in 1992 in a few months of time. It is a manuscript of hundreds of thousands of words which all together formed the brute thriller “Terreur tussen dag en nacht” (Terror between day and night). Circumstances made I froze my creative writing aspirations for years because of other goals and academic ambitions but my passion for creative writing never died and now I am this far to go seriously beyond my regular boundaries because of my love to create extreme and less extreme worlds from out of creative mind projections while transforming it to creative stories with their own dimensions and logic. I want to develop myself further at this path of creative expression I now walk because it feels so natural to me to do so as if it is my call to write because writing to me is fun and pleasure in one and it gives great satisfaction while manipulating characters and programming worlds and events pure out of words like I did in the late 1980s and early 1990s when I created computer word games at small scale. Creative writing goes much further in which case personal satisfaction is leading so my goal to develop myself further at the path of creative writing is a personal goal at first while trying to improve myself step by step while all the time having fun of writing and creating stories of my own.

I don’t want restrictions that limits my writing in general and that limits my freedom to express myself so I can’t tell the story I want to tell like it is meant to be told. For me as a writer freedom of expression is basic and restrictions of that freedom limits the range of that freedom and by doing so it transforms a to write story to a different story as when it was not restricted by boundaries or censorship. It is a fact that restrictions at least give another accent to a story so the story in its final form is not completely the story as meant to be told or presented by the writer in case there were no restrictions so I always plea for freedom for writers to write and express oneself as pleased because freedom of writing is related to freedom of speech without censorship. Fact remains that a written

work read by a reader may be rejected, disliked or disputed which is part of the freedom of the individual to do so in case a presented work read by a reader will be valued in a negative sense.

I love the freedom to express myself as a creative writer from out of the freedom of expression without boundaries because only then characters and worlds and events can be created that can go beyond the regular and beyond fixed ethics, moral and standards which is a serious case especially when extreme characters are used like for example a psychopath and the writer has to crawl into the mind of a psychopath to transform the psychopath to a natural person from out of the mind-set of the psychopath and in case of restrictions all becomes less natural or more suggestive which is a serious case for writers like me who often operate within the extreme and the realisms of the extreme. By taking personal freedom of expression without boundaries one becomes truly free to express oneself and to produce stories that let people think about it from out of their own ethics, morals, standards and personal taste. Readers have the freedom to read a story or to not read a story or to accept or reject a presented story after having read it but fact remains that a story presented by writers like me can only be written if there is total freedom of expression.

Writing can set one free because writing is a way for a person to express oneself and to transform thoughts to written text which can be read and valued at any time by oneself or by other persons. Writing is an intimate relationship of the writer with his or her work under development while still in a writing stage because writing allows the writer to produce a work from out of one's personal mind set, inner feelings and thoughts.

Creativity is the way of self-expression of a writer so he or she can produce a work based at one's own mind set and creative insight so a work that gets produced inhibits the true characteristics of a work as that it is meant by the writer to be produced as a work based at the writer's skills, quality and personal thoughts which all made it possible to produce the work,

Do this is a stimulus given to a person to trigger a response. Do this is a ordered action in the here and now of the present that demands one has to comply to an order given by a third person or that one complies to an order given to oneself in which case one can comply and do as told or do as demanded by oneself while one has the freedom to obey or to refuse to act in accordance of the do this order. In case the do this order is connected to sanctions in case of disobedience or rewards in case of obedience than one has to accept the consequences of the decision one makes to comply or refuse to comply the do this order. As a writer it can be a must to push yourself to go further because of deadlines or personal demands and personal goals related to a story under development so you push yourself to continue your writing activities till moment you are satisfied related to the targets and goals you had set for the day in relation to your work under development or till moment the work is finished.

Do more of this is a demanding order one gives to oneself or which one gets from a third person In case of creative writing one can adapt personal feelings to do more of this to keep a story more interesting or to develop certain events more deep or to develop characters more deeply if one thinks that doing more of this makes the story more interesting in case one goes deeper into a certain element of story development. If the do more order is a personal feeling of oneself given to oneself then it's a matter of your inner self feeling based at your story focus and the way you want to present it if you want to do more of this related to a certain story development by going deeper or by building it further till moment one thinks its completed. If the do more of this order is from a third person than it is most often a advise you may accept or reject based at your personal plans in regards of the story you are developing.

Do less of this is a demanding order one gives to oneself or which one gets from a third person. In case of creative writing one can adapt personal feelings to do less of this to keep a story more interesting if one thinks that doing less of this makes a story more interesting so one can focus at other aspects of a story in development. If the do less order is a personal feeling of oneself given to oneself then it's a matter of your inner self feeling based at your story focus and the way you want to present it if you want to do less of this related to a certain story development so you can focus at other story elements. If the do less of this order is from a third person than it is most often a advise you may accept or reject based at your personal plans in regards of the story you are developing.

If I had three minutes to tell the world about my practice as a writer I would say that I'm a writer who chooses to express myself without restrictions and boundaries so I can write freely about what I want to write and how I want to develop and present my work of writing. I state fact that I am a writer in development while I develop myself under influence of the learning and adaption process I went through and that part of my development takes place under influence of stories I write, my peers around me, my proof readers and research I do related to each writing project I start. Constant development is a dynamic reality for every individual because every individual is part of a constant development process that started at moment of birth and that ends at moment of dead in which case the development process of the individual is determined by time and biological factors next to material and immaterial factors related to the individual. For a writer study and research is important so each writing project must be well prepared no matter the nature of the writing project. It is important to work with time tables, goals and tasks in case writing projects are more complex of nature so it needs more planning and plan execution stages so a work under development can be finished within the deadline. The writer and his or her work are both products of the personal development of the writer himself or herself which implies that the constant development, learning and adaption process of the writer influences the writer as well as the work that the writer produces from out of his or her capabilities of doing so. For me writing is fun and each writing project is part of a challenge I love to finalise.

As my epitaph I would have written: Herman Fridsma was a free thinker who explored the free word and who believed in the freedom of word and who used the free word to express himself as an

academician and as a free writer of the written word. May his journey continue beyond the frontiers of dead and may the message of the free word be spread among the universe to inspire people to be part of the free word as free thinkers of themselves.

Writing of poetry and prose is important because both creative approaches of writing are part of free expression of the free word. It is all about story telling from out of poetry or prose so a writer tells a fiction or nonfiction story from out of written language as part of prose or from out of aesthetic transformed verses based at emotion and free ideas as part of poetry. Poetry and prose are both important as part of creative writing in order to produce new ideas, stories and verses as part of free expression of the writer who produces the work so a reader can value it and think about it, accept it or reject it or discuss it. The written word from out of prose and poetry is important to touch the reader and to make a reader one with the world of the writer of the work of prose or poetry during the journey of reading and valuing of the work one is reading.

What I do want most related to my writing practice, my works under development and my stories is that I have the freedom to express myself at the way I want to express myself as a writer of a creative work without boundaries of censorship or other forms of restrictions and that I can present my work the way as that it must be presented and the way that it is meant to be presented by me as writer of the work. Freedom of expression and freedom of the written word is that what I value most as a writer because only from out of freedom of writing I can deliver written products the way I want to deliver it. Without freedom of expression and without freedom of the written word written works would be a farce and part of dictatorship by those who limits the freedom of expression and the freedom of the written word which is not in accordance with human rights and international law and which is not in accordance with every self-respecting democratic state. Where freedom of expression and freedom of the written word is censored or restricted writers do suffocate or die because of lack of freedom of expression and because of restrictions and censorship that slowly kills them who can't collaborate with a totalitarian system that applies censorship to restrict writers to express themselves freely so they can't write from out of the freedom of the written word.

If I could hold my manifesto in my hand, than defence of the free word and freedom of expression of the writer would be the heavy part of my manifesto because of fact that freedom of the word and freedom of expression is part of human rights and because of fact that every self-respecting democracy respects the freedom of word and the freedom of expression and because of fact that defending of freedom of word and freedom of expression counters or battles censorship which tries to limit freedom of expression and freedom of word so it is worth fighting for it to defend and to protect the freedom of word and freedom of expression which is demolished in countries like Turkey. The products of the free word as written works I would consider as light because they are the fruits of the creative free writers in the free world who can deliver their works to the public in the free world to be read. The colour of my manifesto would be white because white is the sum of all colours and it represents freedom.

If my manifesto was an animal than my manifesto would be a hyena who attacks those who hate and attack freedom of speech and freedom of expression and defends freedom of speech and freedom of expression.

If my manifesto had a voice than my manifesto would talk about true freedom so it would be a manifesto of freedom of speech and a freedom to express oneself as a writer from out of the freedom to write without censorship and boundaries because freedom of writing and freedom of speech is part of freedom of humanity to express oneself no matter fact that the written or spoken word is maybe subject of controversy and can be disputed or rejected by others. For me personal freedom to express myself as a writer is part of basics related to human rights and related to true democracy.

'Universal Declaration of Human Rights; Article 19: Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.'

'European convention of human rights; Article 10: the freedom of expression: Everyone has the right to freedom of expression. This right shall include freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers.'

I will always defend the freedom of speech, the freedom to write and the freedom to express oneself because as a writer the freedom to write and freedom to express oneself without censorship are basic for the way a creative work can be produced from out of that freedom and without restrictions or sanctions.

Herman Fridsma

Attachment 2:

A to Z ‘The writer, the freedom to write and the freedom of the written word’ by Herman Fridsma:

Writing is the personal freedom to write in specific and freedom of the written word in general:

A) The Freedom to write is the need to defend the written word and the need to defend the freedom to write so the written word can breathe freely.

B) We write because writing is part of personal freedom to write and writing is a personal drive which makes us expressing ourselves via the written word so the written word as product of our writing can be read and valued by others who wants to explore or read our writing products.

C) Writing is a way of exploring our way and means of self-expression related to the subject we are writing about or the characters or events we are developing and writing about at fictional, non-fictional or poetry level of expression.

D) Writing is a way of creating and transforming new worlds via the written word as product of our creative imagination and self-expression.

E) Writing is a way of exploring the freedom to write by means of creating writing realities and by means of philosophical expression.

F) We write because we hate censorship and endorse the freedom of the word.

G) We write because when the written word dies we all suffocate because of the dying word which at the end when the written word is dead sets us back to the time before the written word.

H) We write because when books get burned we get burned.

I) We write because when a writer gets killed or tortured or imprisoned because of the written word than we all feel the pain and part of us dies too.

J) We write because when censorship rules the freedom of the written word dies and we become puppets of the puppet player and the system that rules. Weapons can kill and can be used to suppress people but words don't kill and let people think.

K) We write because it is our right to write and to express ourselves from out of the freedom to write.

L) We write because those who died or got tortured or imprisoned because of the written word make us write to resist dictatorship and to fight for the freedom of the written word.

M) We write so the written word stays alive.

N) We write because words set people free.

O) We write because words set us writers free.

P) We write so we can explore the written word and implement it for our writing goals and our way of expression.

Q) The written word gives us the freedom to think about it and to form an opinion of our own about what we have read.

R) The written word stimulates creativity of the mind at level of thinking and imagination and by doing so it sets us free.

S) The written word is part of freedom of self-expression and freedom of the mind to think and to create by means of the word. The written word can be sharper than a knife and deadlier than a weapon.

T) When a writer dies the words of the writer still lives.

U) A writer who writes creates a world of words as a dimension and logic of its own for others to value, accept or to reject.

V) Writing is the right to play with words and to influence people and their imagination.

W) A writer is a free thinker who enriches the world with works to read.

X) Writing is the art of creating works from out of the I think, I write, I create because I am a writer principle.

Y) Freedom of writing is resisting suppression and endorsing freethinker freedom.

Z) Where freedom of the word dies human rights and human dignity dies.

Herman Fridsma

Attachment 3:

Free expression poetry:

The song of nature, the song of God by Herman Fridsma:

Its nature, nature that plays, it's nature, nature that sings, so it's music day after day while nature is singing while singing the song, the song of life so we can dance the dance of life

It's me, I am the voyeur, the voyeur of all while watching my window and witnessing all like the voyeur I am because it's my nature, my nature to watch because it's my nature so I see all.

It's the wind, the wind is playing with the crowns of the trees day after day, sometimes more, sometimes less but it all is a play, a play of happiness so the trees feel good while shaking their heads, they bow for nature while the wind still plays so all is peaceful because of the shared happiness and joy because it is nature energising all.

It's a colourful play, the play of the wind with the leaves because of autumn so it's autumn that affect the trees, it's colourful while time is passing and time is tickling all, all of the leaves who are still part of the trees.

It are the leaves, yes, the leaves of the trees have different colours varying from yellow to green but green in all of its tints is still dominating so is this a sign because green is the colour, the colour of life.

It are the leaves, so the leaves keep on dancing day after day while the wind keeps playing and the leaves feel alive so they play while unaware of knowing the play will ends soon but right now they play and dance to celebrate live, to celebrate the light and they dance and they dance while the song of nature plays while playing day and night, it's an everlasting song so for the moment nobody dies.

Its live, live that will faint soon as the leaves will leave the trees but right now they live and dance and play with the wind while dancing at the song, the song of live, the song played by nature so nobody dies.

It are the leaves, yes the leaves still dance in the wind while dancing their dance, the dance of live while unwilling to end the dance, the dance of live.

It are the trees, the trees shake their crowns at moments the wind is more strong and the trees do pay tribute, tribute to the song while bowing for nature while knowing nature makes them feel strong so they live because of hearing the song, the song of nature, yes the trees still feel strong because of the song which is also their song so they feel alive while breathing the air and all seem happy and life seems so fair.

It are the leaves, the leaves are still dancing while the wind still plays so they all feel happy and unwilling to leave but their time is near so they all fear but right now they stay playing in the light and dancing with the wind while still hearing the song, the song of life which makes them unwilling, unwilling to go and be gone because of the song they still hear, the song of life but then the song has ended while they fly one last time with the wind who carries them to their final place so they can there resting while the song still plays but they are not hearing because all just ended, yes all ended at this place.

It's me; I'm still watching the play while watching through the window and watching the play.

It's me; I clearly notice the song, the song of nature, the song that still plays because it's the song of life which not dies.

It's no sorrow or sadness, yes there must be no sorrow or sadness because the play still plays so I still see the wind playing with the trees while also still playing with the leaves so the leaves are still dancing because they also hear the song, the song of life so they keep on dancing because of being alive and unwilling to go so the song still plays and live goes on.

It's the wind, the wind now plays with me so streams of air enters me via an open window so I'm part of the wind while hearing the song because the wind is now touching me and wants to play, yes playing with me while showing me beauty so I may witness it all because it's the play of the wind, the play of life which is making me move so I start dancing, dancing for life while feeling inspired, inspired by life.

It's the wind, the wind gives me air, air that I consume while I breath and I feel life touching me because I'm alive so I feel happy, happy because of being alive so I can watch, watching the play of the wind with the trees and the leaves day after day as long as I can stay while time after time getting

more and more amazed because of the play, the play that plays on and on because of the lasting song, the song of life.

It's me, I see the changing skies each day, day after day, sometimes it's dark, sometimes it's bright and sometimes it's partly clouded but it's all about light and skies.

It's the light, the light falls at the crowns of the trees, it plays with the trees like the wind plays with the trees, the play of light affects the leaves while touching and kissing the leaves who dance in the wind because they are unwilling to stop their dance, the dance of live while the song still plays, the song of life.

It's the light, the playing light delivers a palette of changing colour tint effects at the leaves while they continue their dance, their dance in the wind while being touched by the light while they continue dancing sometimes more, sometimes less depending on how willing the wind and the leaves are to dance their dance and depending on how willing the trees are to play with the wind and the light so they to join the dance if the wind is strong enough to touch and inspire them so they dance the dance because it's all about life while they all dance, the dance of life.

It's the play which gets played day after day while the changing light under influence of the sun and under influence of the state of the sky tinkles the leaves while they dance their dance with the wind, the dance of life.

It's a play I witness that enlightens me, to see the leaves dancing their dance while the trees lightly shake their crowns because it's the song that plays, the song of live and I feel inspired, inspired by life.

It's the song that gets orchestrated by nature who plays with all that is because of the love of nature for all that is, so it's nature that sings while we play and dance, so it's nature we hear so we continue to play and dance, the dance of life.

It's mother earth present day after day since birth of earth; its mother earth who sees her children be born, grow, live and then die while new generations play and dance while all the time mother earth plays with the sun, the moon and the stars so all play their play while dancing at the song so the play continues, the play of life while all are part of it, part of the play and the dance of life.

Its mother earth who sees her children, yes she sees the trees who she saw grow out of her womb, out of earth and she sees them playing while they play with the wind and the light of the sun so mother earth smiles and God saw all and God said it is good while nature plays the song, the song of life.

It's me, I'm allowed to witness this beauty of live while watching through my window and hearing the song that nature plays, it's truly the song of live and the trees still play and the leaves still dance and the light still tinkles and God saw all and God said it is good.

It's me, I notice I'm happy being alive and breathing the air and watching the orchestrated play that gets played each day while I'm watching through my window while getting amazed, day after day because of the dance and the song of life and God saw all and God said it is good.

It's God, I am who I am while loving all that is and all that becomes while composing the play and the song so you can dance, the dance of life till it's time to end the dance, the dance you now dance, the dance of life.

Herman Fridsma